

Legacy Cancer Institute

Legacy Cancer Healing Center Groups, classes, and workshops

~Schedule for September - December 2025 ~

Our groups and classes are offered for **FREE** to those affected by cancer thanks to generous donations to the Cancer Funds of the Legacy Hospital Foundations. Visit our website: www.legacyhealth.org/cancerclasses or scan the QR code with your phone for the latest information. Contact Healing Center Coordinator, Blair Allen, with any questions at blallen@lhs.org or call 503-413-7284.

Movement and Exercise

Gentle Yoga

These free, weekly yoga classes are for patients who have received a cancer diagnosis. Whether you are in treatment or post treatment, yoga is a gentle way to develop strength, flexibility, breathing, and relaxation in a supportive group environment.

*Mondays from 9 - 10 a.m. at **Meridian Park** with Nancy McFarlane, RYT*

Mondays from 11 a.m. - 12:30 p.m. Virtual with Patti Stone, C-IAYT

Mondays from 1 - 2:30 p.m. Virtual with Patti Stone, C-IAYT

*Tuesdays from 5:15- 6:15 p.m. Hybrid at **Salmon Creek** with Addie DeHilster, C-IAYT*

Fridays from 10:45 - 12:15 p.m. Virtual with Patti Stone, C-IAYT

*Fridays from 1 - 2:30 p.m. Hybrid at **Mount Hood** with Patti Stone, C-IAYT*



Qigong (Virtual)

Tuesdays, 11:30 a.m. - 12:30 p.m. and Thursdays, 10:30 - 11:30 a.m.

A gentle movement, breath, and meditation practice that improves strength and balance, while supporting a peaceful state of mind. Facilitated by Certified Qigong Instructor and Yoga Therapist, Addie deHilster. *Classes begin September 9th.*



Art Therapy Program

Finding Center (Virtual)

Finding Center Tuesdays, 11 a.m. - 12 p.m. September 9th - December 16th.

Candlelight Finding Center Wednesdays, 6 - 7:30 p.m. September 10th - December 17th.

Finding Center Fridays, 1 - 2 p.m. September 12th - December 19th.

During these weekly groups you will use simple art processes and mindfulness exercises to connect with yourself and to set an intention for your week. No art experience necessary. Cancer patients, family and caregivers welcome to join for one or all virtual sessions.

Horses, Heart and Healing Workshop (In Person at Forward Stride, Hillsboro, OR)

Saturday, October 25th, 12:30 - 5 p.m.

In this full-day workshop we pair horses and art to explore the horse's capacity to calm our nervous system after cancer. Art making allows us to deepen learning from the horses. Individuals will be interacting with the horses but not riding. To participate we ask that you be a Legacy cancer patient, and able to commute to Forward Stride, a therapeutic riding stable in Hillsboro, OR. No horse or art making experience is necessary.



Open Studio (Virtual)

Thursdays, 1:30 - 3:30 p.m. September 11th - December 18th.

Art making can bring joy and reduce stress—before, during or after cancer treatment. Whether you are recently diagnosed, in treatment or have finished treatment, you are welcome to join us as we explore a variety of art processes to create insight, healing, and community.

Return to Self (In Person at Salmon Creek Medical Center)

October 10th - November 21st, Fridays, 10 a.m. - 12 p.m. (No group Oct. 24th)

This six-week group offers a unique opportunity to process the grief and loss related to having cancer, and to nurture resilience, hope, and growth moving forward. This group is for individuals who are done with primary cancer treatment and wanting to explore and process the emotional aspects of life after cancer through peer-to-peer discussion and art-based techniques, including mixed media and writing.

All groups listed above are facilitated by Licensed Professional Counselor and Art Therapist, Margaret Hartsook along with practicum students from Lewis and Clark College's graduate program in Art Therapy.

Register for all events at www.legacyhealth.org/cancerclasses.



Words for Healing *(Virtual)*

1st and 3rd Fridays from 10 a.m. - 12 p.m.

Writing with a group of peers in a safe, respectful environment creates community and connection can reduce stress while bolstering confidence and resiliency. Facilitated by Dawn Thompson, MA.

Nutrition

Nutrition in Survivorship: Seasonal Foods for Fall *(In Person)*

Saturday, September 20th, 12 - 1:30 p.m. Salmon Creek Medical Center

Join us for a fun afternoon of cooking and discussion about foods to support your health in survivorship. Our dietitians, Maran Scott and Alexa Billy, will show you how to prepare seasonal recipes and explain the health benefits of the ingredients used. Maran and Alexa will be available to answer your questions while you get to sample the food prepared. Patients and loved ones are welcome.



Busting Myths About Breast Cancer and Nutrition *(Virtual)*

Wednesday, October 8th, 12 - 1 p.m.

There are many myths about what type of foods can be helpful or harmful when it comes to breast cancer. Which foods help lower the risk of breast cancer? What should people with breast cancer eat more or less of? It can be overwhelming to know

what information is correct. This virtual workshop aims to make sense of what the science says about blueberries, soy, red meat, alcohol, and sugar. Marci Reed and Maran Scott, Legacy Health Oncology-Certified Dietitians, will talk about healthy eating for breast cancer and help you debunk some common myths.

Cancer Superfoods *(Virtual)*

Wednesday, November 19th, 12 - 1 p.m.

Come learn about the cancer fighting powers and health benefits of different food groups. Oncology-certified dietitian, Maran Scott will explain which foods help the body fight inflammation and cancer, give you useful tips and recipes to inspire you to enjoy these superfoods every day, as well as answer your questions. We welcome those with a cancer diagnosis, family and caregivers.



Special Events

Family Matters: A day-long retreat for families impacted by cancer *(In Person, NW Portland)*

Sunday, September 7th, 11:00 a.m. - 4:30 p.m.

For adult cancer patients with school aged children. Come together with other families to heal and reconnect acknowledging the impact cancer has had on you. Engage your creativity through music and art while also enjoying nature, delicious food, and self-care activities. This event will take place to the World Forestry Center in NW Portland and will be facilitated by Legacy Art Therapists and Music Therapist. Lunch and snacks will be provided.

Young Cancer Survivor Seminar *(In Person at Salmon Creek Medical Center, Vancouver, WA)*

Saturday, October 4th, 8:30 a.m. - 1 p.m.

Join Oncology Nurse Navigators, Cherith Rivinius and Laurie Christensen as we explore topics including early menopause, long-term effects of treatment, sex and intimacy, self-care after cancer. For women diagnosed with cancer before the age of 45. The Survivorship Seminar will give you tips and tools to help you cope with your diagnosis and common side effects, build confidence, and empower you to take charge of your health.

Cancer Education

In our cancer education series, you will hear from experts in the cancer community on ways to support your wellbeing from diagnosis on. These events are free to attend and recordings of virtual lectures will be available in our [cancer education video library](#).

Reducing Fatigue: A holistic approach for cancer survivors *(Virtual)*

Monday, October 27th, 5 - 6 p.m.

Feeling like you have less energy since your cancer diagnosis? Tired all the time? You're not alone! Fatigue is the number one patient reported side-effect of cancer during and after treatment. In this one-hour interactive session, come learn about the science behind what causes fatigue, as well as techniques to reduce fatigue in your daily life using a holistic approach. Presented by Megan Barckert, MSN, FNP-C, Integrative Medicine Nurse Practitioner.

Clearing the fog: Strategies for Coping with Chemo Brain *(Virtual)*

Thursday, November 13th, 12 - 1 p.m.

"Chemo brain" refers to the mental fog that many experience during or after cancer treatment. It can affect memory, thinking, and concentration. Come learn some simple tips to help with chemo brain from our speech therapist, Julia Robinson, SLP.

Mind-Body Events

Forest Bathing *(In Person)*

Monday, September 22nd, 9:30 - 11:30 a.m. (Hoyt Arboretum)

Friday, October 10th, 9:30 - 11:30 a.m. (Leach Botanical Garden)

Saturday, November 1st, 1:00 - 3:00 p.m. (Mt. Tabor)

Forest bathing is a guided nature-connection experience inspired by the Japanese practice of Shinrin-Yoku. Join us as we shift away from the stress of daily life and find support and nourishment through engagement with the natural world.



Yoga Nidra *(Virtual)*

Wednesdays, October 15th and December 17th, 1:30-2:30 p.m.

Yoga Nidra means "yogic sleep." Yoga Nidra refers to a specific multi-step process for the integration of body and mind, promoting deep rest and relaxation. The position of the body is usually reclined face-up, using blankets and pillows for support, with the eyes closed, the body still and quiet. Guided by Certified Yoga Therapist, Patti Stone.

***NEW* Gong Sound Bath** *(In Person)*

Sunday, September 14th, 1 - 2:30 p.m. at Salmon Creek, Vancouver, WA

Sunday, October 19th, 1 - 2:30 p.m. at Mount Hood, Gresham, OR

Sunday, November 16th, 1 - 2:30 p.m. at Meridian Park, Tualatin, OR

Sunday, December 7th, 1 - 2:30 p.m. at Salmon Creek, Vancouver, WA

A meditative immersion in the powerful sounds and vibrations of Gong, complemented by other sound healing instruments. This class will consist of a short, guided meditation followed by an extended Gong Sound Bath. It helps to support deep rest, relaxation and stress reduction for the nervous system, body, mind, and spirit. Facilitated by Laura Li Fong Yee of Crown and Heart Healing.



***NEW* Mindful Meditation** *(Virtual)*

Thursdays 5:15 - 6:15 p.m. Classes begin September 11th.

Mindfulness can help you grow more resilient to stress, become less reactive, feel more balanced in your emotions, sleep better, improve focus and memory, and be more present with others. With consistent practice you change your brain, quieting mechanisms of fear and worry, while growing areas of the brain related to compassion and connection. Taught by Addie deHilster, Certified Mindfulness Meditation Teacher, Yoga Therapist, and Certified Qigong instructor.

Support Groups

Breast Cancer Support Group *(Virtual)*

First Tuesdays from 5:30 - 7 p.m.

Open and topical discussion to support women in any stage of breast cancer, from diagnosis to post-treatment. Facilitated by Oncology Certified Social Worker, Sara Butler, and Licensed Counselor and Art Therapist, Margaret Hartsook. Email sebutler@lhs.org for more information.

Head and Neck Cancer Support Group *(Virtual)*

First Thursdays from 4 - 5:30 p.m.

Support for individuals and their loved ones coping with the impact of a head, neck or oral cancer diagnosis. Facilitated by Speech Language Pathologist, Julia Robinson. Email jurrobin@lhs.org for more information.

Prostate Cancer Support Group *(Virtual)*

Second Wednesdays from 5:30 - 7 p.m.

Support for individuals with a prostate cancer diagnosis. Spouses and partners are respectfully asked not to attend. Open discussion group with guest speakers or specific topics offered. Facilitated by Registered Nurse, Janet Vanoni, and Licensed Social Worker, Austin Shaw Phillips. Email jvanoni@lhs.org for more information.

Women's Advanced and Metastatic Cancer Support Group *(Virtual)*

Fourth Thursdays from 5 - 6:30 p.m.

Support for women coping with advanced cancer, or cancer that has metastasized. All cancer types welcome. Co-sponsored by the Pink-Lemonade Project and facilitated by Oncology Certified Social Worker, Sara Butler, and Chaplain Caroline K. Murphy. Email ckmurphy@lhs.org for more information.

Legacy Cancer Healing Center Locations

Legacy Good Samaritan Medical Center Legacy Cancer Healing Center 1130 NW 22nd Avenue Medical Office Building 3, Suite LL10 Portland, OR 97210	Legacy Meridian Park Medical Center Legacy Cancer Healing Center 19260 SW 65th Avenue Medical Plaza 2, Suite 140 Tualatin, OR 97062
Legacy Salmon Creek Medical Center Legacy Cancer Healing Center 2121 NE 139th Street Medical Office Building B, Suite 160 Vancouver, WA 98686	Legacy Mount Hood Medical Center Legacy Cancer Healing Center 24900 SE Stark Street, Medical Office Building 1, Suite 211 Gresham, OR 97030